

Make Your Own Cliff Bar

For approximately 180 calories, with 4 grams of fiber and close to 7 grams of protein this makes a great in-between meal snack that could keep your blood sugar level.

1 1/2 cups organic rolled oats

1/4 teaspoon Celtic sea salt

2 cups freeze-dried raspberries or strawberries

2/3 cup peanut butter or your favorite nut butter (almond is great)

1/2 cup agave or local honey

Line an 8 by 8 pan with parchment or wax paper and set aside. In a food processor, process the freeze-dried berries until they are powder. In a small bowl, stir all dry ingredients together, then add the nut butter. Add in the agave or honey and mix until a stiff dough forms. Transfer into the prepared pan and press down evenly with a second sheet of parchment or wax paper. Freeze the pan for at least one hour, then cut the bars with a sharp knife. Store in refrigerator, or freeze for up to a month. Makes 12 bars. Enjoy it!